



Collaborative for Community Wellness

Asociación Colaborativa para el Bienestar Comunitario

## Mental Health Provider Map

### Introduction

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In 2018, the Collaborative for Community Wellness (CCW) conducted an internet search of the number of private licensed mental health clinicians for each zip code in the city of Chicago. A map displaying the ratio of licensed clinicians per 1,000 residents for each zip code was created. The findings from the 2018 search showed that the highest ratios of licensed clinicians are predominantly concentrated in low economic hardship areas in the north and central regions of Chicago. In contrast, zip codes in high economic hardship community areas on Chicago's west, southwest, and south sides consistently yielded fewer than 0.2 licensed clinicians per 1,000 residents. These findings highlighted the disparities in mental health service access in Chicago. In 2020, the CCW sought to replicate the 2018 search to produce an updated mental health provider map. This brief provides an overview of the methodology used to conduct the 2020 search and highlights the updated mental health provider map and its key findings.

### Methodology

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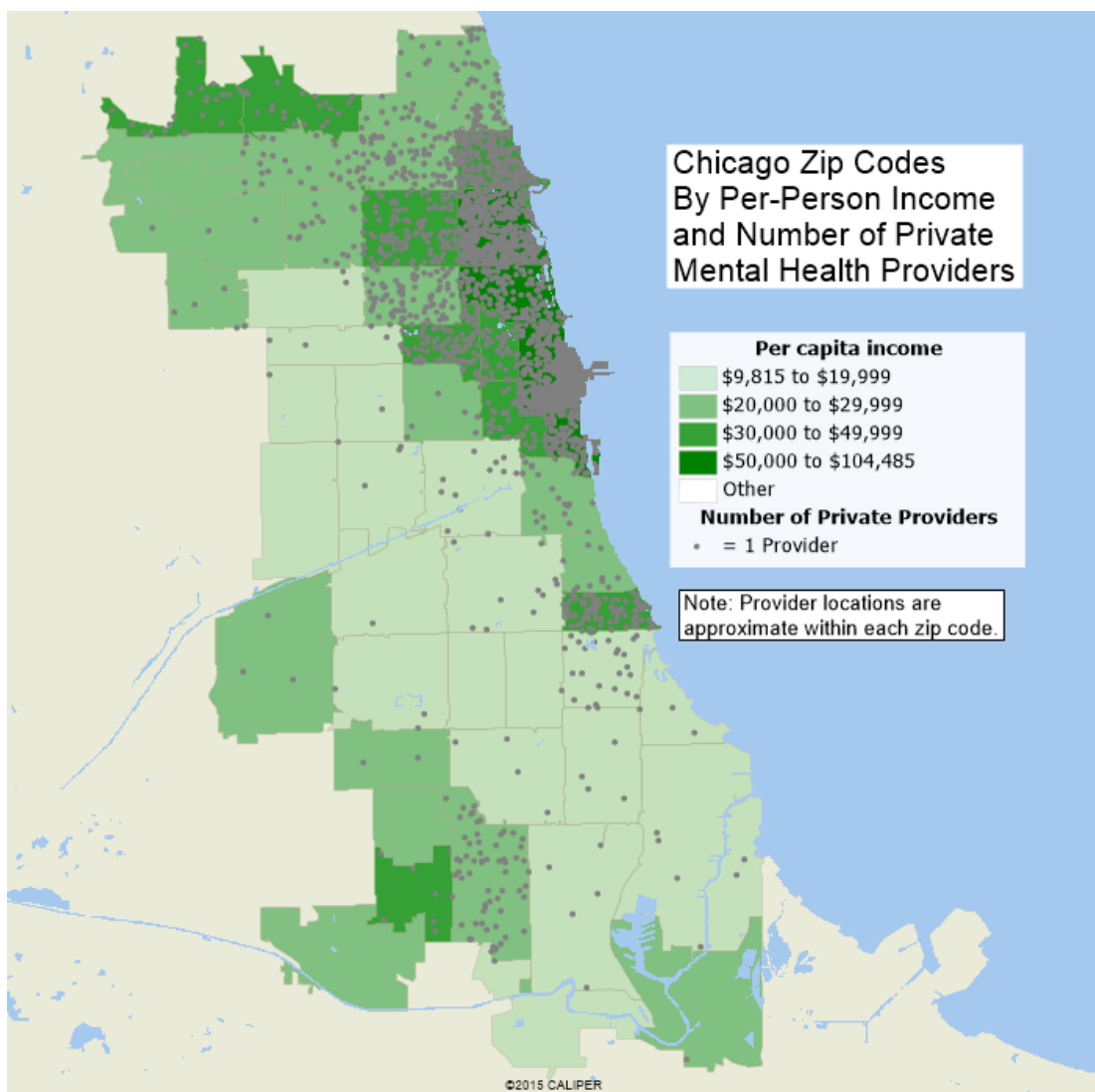
In September of 2020, a team of five researchers conducted a systematic search to determine the number of private mental health providers listed on the websites [psychologytoday.com](http://psychologytoday.com) and [goodtherapy.org](http://goodtherapy.org) for each zip code in the city of Chicago. Researchers searched each website by zip code to obtain a count of licensed clinical social workers, licensed professional counselors, licensed marriage and family therapists, and licensed psychologists. Providers were only counted once within each zip code, with removal of duplicate listings for a single zip code. Additionally, providers were counted for each zip code they serviced. For example, if a listing indicated that a provider serviced both 60601 and 60602, that provider was counted for both zip codes. Based on the final count of providers, population estimates from the 2010 Census were used to calculate the ratio of mental health providers per 1,000 residents for each zip code. The provider ratios were then mapped and overlaid with the status (open, closed, or privatized) of current and former Chicago Department of Public Health (CDPH) public mental health clinics located in corresponding zip codes. Additionally, using the 2018 American Community Survey 5-year data and 2010 Census data, household and per capita income for low and high-access areas were compared.

### Key Findings

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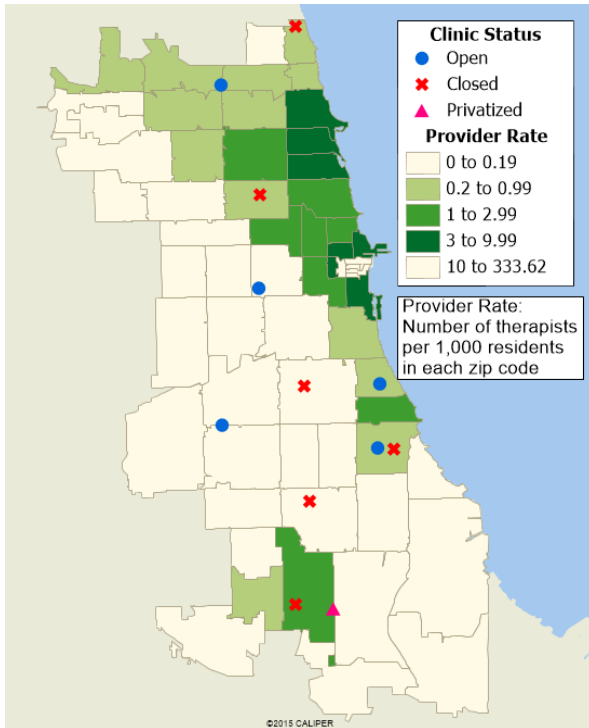
As highlighted in the mental health provider map (see map 1), zip codes with the highest ratios of licensed clinicians are predominantly concentrated in low-economic hardship areas (north and central regions of Chicago). This trend is best exemplified by 60602, which has the highest ratio of 333.62 licensed clinicians per 1,000 residents. In contrast, zip codes corresponding to high-economic hardship community areas on Chicago's west, southwest, and south sides (see map 2) consistently yielded fewer

than 0.2 licensed clinicians per 1,000 residents (low-access areas). These low-access areas are of lower socioeconomic status and have fewer financial resources compared to the high-access areas (zip codes with more than 1 licensed clinician per 1,000 residents). The mean household income in high-access areas (\$104,814) is twice that of low-access areas (\$57,084). Additionally, per-capita income is over 2.5 times greater in high-access areas (\$51,160) compared with low-access areas (\$19,475). Zip codes that consistently yield fewer than 0.2 licensed clinician per 1,000 residents are areas where a high percentage of adults with psychological distress do not receive mental health treatment (see map 3). This is particularly noteworthy given that over half of the public mental health clinic closures were in communities in the south side of Chicago (New City/Back of the Yards, Woodlawn, Auburn Gresham, and Morgan Park). Over three quarters (79%) of the city's population live in zip codes that have 0.197 therapists per 1,000 residents. Less than one quarter (21%) live in zip codes with 4.284 therapists per 1,000 residents.



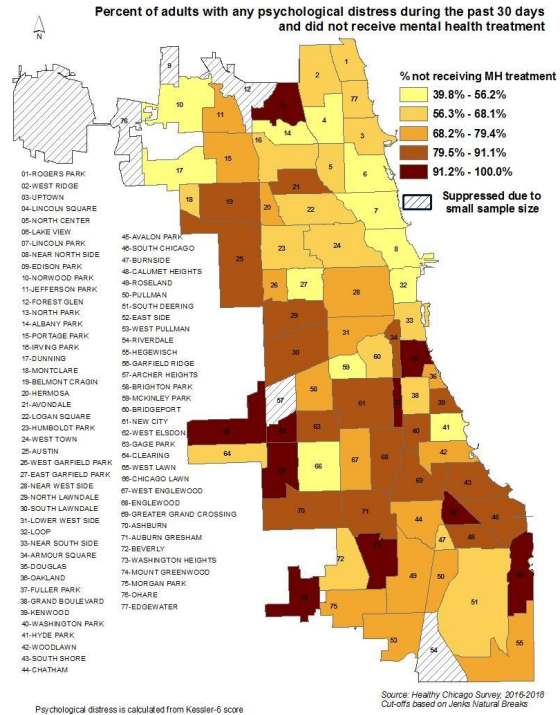
**Map 1**

2020 Private Mental Health Provider Locations and Per Capita Income by Zip Code  
 Full list of provider rates by zip code is available on our website.



**Map 2**

Clinician ratio by zip code with locations of all CDPH MH Centers since 2011. Please note that all zip codes with ratios exceeding 10 providers are concentrated in the Loop.



**Map 3**

Source: Chicago Department of Public Health Healthy Chicago Survey 2016-2018

## Implications

The updated mental health provider maps highlight that disparities in mental health service access throughout the city of Chicago have largely remained unchanged since 2018. Licensed mental health clinicians continue to be readily available for residents in affluent low-economic hardship communities. However, the scarcity of private practice licensed mental health clinicians within high-economic hardship communities persists. Thus, the huge demand for mental health services in high-economic hardship communities remains present to this day. Previous findings from CCW mental health needs assessments have pointed to the need for increased investment in providing free, long-term, trauma-focused mental health services in Chicago's high-economic hardship communities. Reestablishing the closed public mental health clinics in areas of low access to clinical services can be a crucial step towards improving mental health service access in these communities. It is only by allowing residents from all areas of the city a variety of options that the city can begin to remedy the impacts of decades of disinvestment.

## **About the Collaborative for Community Wellness**

The Collaborative for Community Wellness brings together mental health professionals, community-based organizations, advocacy groups, faith-based institutions, and community residents to address the lack of mental health access and to redefine mental health to match the needs of the community. The members of the Collaborative are dedicated to the expansion of the public mental health system in the city of Chicago and the creation of a city-wide non-police crisis response system.

### **Member Organizations**

33rd Ward Working Families | 33rd Ward Wellness and Safety Working Group | 46th Ward Neighbors Against Police Violence | 50th Ward United Working Families | A Just Harvest | Albany Park Neighbors | Alliance for Community Services | American Friends Service Committee – Chicago | Augustana Lutheran Church of Hyde Park | Black Lives Matter Chicago | Brighton Park Neighborhood Council (BPNC) | BYP100 | Catholic Charities of the Archdiocese of Chicago | Centro Sanar | Chicago Alliance Against Racist and Political Repression | Chicago Coalition for the Homeless | Chicago Community Mennonite Church | Chicago Democratic Socialists of America | Chicago Homelessness and Health Response Group for Equity (CHHRGE) | CIT International | Communities Organized to Win | Community Mental Health Board of Chicago | Dominican University School of Social Work | Egan Office For Urban Education & Community Partnerships | El Hogar del Niño | Enlace Chicago | Equity and Transformation (E.A.T.) | Erie Neighborhood House | Gads Hill Center | Grassroots Collaborative | Healthcare Alternative Systems (HAS) | Heartland Human Care Services, Inc. - A Company of Heartland Alliance | HOPE at St Pius V | Illinois Coalition for Immigrant and Refugee Rights | Instituto del Progreso Latino | Jewish Council on Urban Affairs | Latino Social Workers Organization | LYTE Collective | Midwest Asian Health Coalition | Mount Sinai Hospital, Under the Rainbow | Mujeres Latinas en Acción | National Association of Social Workers (NASW) Illinois Chapter | Near West Side Mutual Aid | Northeastern Illinois University - Social Work Program Faculty | ONE Northside | Padres Angeles | Peace and Education Coalition of Back of the Yards, New City | Pilsen Alliance | PODER | Port Ministries | Pui Tak Center | Rooted REPS | SEIU Healthcare Illinois | Southside Together Organizer for Power (STOP) | Southwest Organizing Project (SWOP) | St. Martin's Episcopal Church | The Network: Advocating Against Domestic Violence | The Posse Foundation | UIC Minority Students for the Advancement of Public Health | Un Nuevo Despertar | United Church of Christ (Chicago Metropolitan Association of the Illinois Conference) | United Neighbors of the 35th Ward | United Working Families | Universidad Popular | University Church | Youth Guidance

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